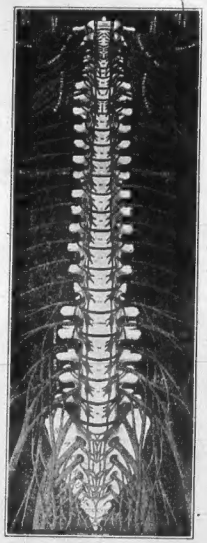
CHIROPRACTIC DEFINED



Chiropractic is, a Philosophy, Science, and Art of things Natural; a system of adjusting the articulations of the spinal column, by hand only, for the correction of the cause of disease.

The adult spinal column consists of the superior 24 freely movable bone segments, called vertebrae, together with the sacrum and coccyx All the great nerve trunks emit thru the openings between these vertebrae, which openings are known as the intervertebral foramina. The vital nerve force within man is carried by these nerve trunks from the brain to the various organs, muscles, and tissues of the body.

For every effect you must have a cause; that is a fundamental law of physics. If a person is ill, then the condition of disease, regardless of the name applied to it, is in fact an effect for which there must be a cause.

The Chiropractic premise is that the cause of disease is due to the subluxation of vertebrae, which produce pressure upon the nerve trunks and thus interfere with the normal transmission of vital nerve force. The illustrations show how this interference is created.

The Chiropractic objective is to locate the points in the spine where nerve pressure exists, due to subluxated vertebrae, and thru proper adjustment by hand, to restore such subluxated vertebrae to their normal position, thus releasing the pressure on the nerves involved and thereby removing the cause of disease in the body. Renewed health is the natural result. (Chiro.)

What Some People Write

Below we print few of the testimonials, that speak for themselves:—

Oct. 27th. 1932.

Two years ago. I suffered terrible pains in my back also dizzy spells. I found it impossible to get in and out of my car without help. I was finally recommended to Dr. Oshanek Chiropractor. An X - Ray proved ther were three bones out of place. After a few chiropractic adjustments I was able to continue my work. I am not troubled with my back anymore. I wish to give many thanks to Dr. Oshanek and recommend him to other sufferers. I would be pleased to answer questions to those, who are interested in getting well.

David Townsend, 322 Roberta Ave.
Electrical Contractor
E. Kildonan.
Phone 50 2260

Oct. 28th. 1932.

Dr. J. P. Oshanek,
590 Selkirk Ave.
Winnipeg, Man.

Dear Doctor: —

In reply to your letter of last week I take great pleasure to say that after four weeks of Chiropractic adjustments with aid of Neurocalometer, a Hole-in-One Method of adjusting and X-Ray — I am like a new man.

I can eat almost anything I desire and have no pains in the stomach. I sleep well and begin to enjoy life.

Now I know that my operation for appendix was not needed, because I was much worse after the operation than I was before, and now after few chiropractic adjustments I feel like a new man.

I owe a lot to Mr. Wm. Crossley of 661 McAdam St., Winnipeg, for introducing me to Chiropractic. He has done me a great service.

Now I am sure that chiropractic can do a lot of good to the sick and hereby I agree to answer any question that I am able to answer to those, who are not sure what to do, when they are sick.

Your for better Health,
Frank Klimczuk
(Shoe Maker)
1396 Main St., Winnipeg, Man.
Phone 53 034

If we please you tell others, If not come and tell us; than we will see to it that you are satisfied.

Dr. J. P. OSHANEK
CHIROPRACTOR
590 SELKIRK AVENUE WINNIPEG, MAN.
Phone 55 144

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The HERALD of HEALTH

590 SELKIRK AVE. — WINNIPEG, MAN.

Неперіодичне видання для розповсюджування вістей Доброго Здоровля. Видає і редагує др. І. П. Овсяник.

Рік І. Ч. 2. Вінніпег, Ман. Грудень 1932. Winnipeg, Man., Dec. 1932. Vol. I. No2.

Merry Christmas and A Happy New Year

MERRY Christmas and a Happy and Prosperous New Year to all is our salutation. The rest belongs to you. Whether you are going to have a Merry Christmas and a Happy New Year is in your own hands.

Happiness, and contentment are mental creations that each of us have to create for ourselves. I cannot feel happy for you, just as I cannot sleep, eat, or live your life for you. You will have to do it yourself.

Whether you become a blooming success or a miserable failure in life depends entirely on your will to do good and make the best of your chances, and opportunities as they come along in the next year, and the years to come.

Decide today as a New Years Resolution that you are going to be as happy as you possibly can and make the best of life's opportunities, by refusing to be discouraged; then by doing this you will make our salutations, Merry Christmas and A Happy New Year come true—and it will please us a great deal.

—EDITOR.

In Memoriam

DOSSA DIXON EVINS
Born February 13, 1886

Members of the Chiropractic profession will be deeply grieved to learn of the death of Dr. D. D. Evins, which occurred on Tuesday, November 15th, at 11:20 A.M. at his residence, 301 McClelland Blvd., from bronchial pneumonia, following an attack of influenza.

Dossa Dixon Evins was born on February 13 1886, at Blodget, Mo., a son of Mr. and Mrs. James F. Evins, and a nephew of Captain Joe Evins, who was an associate engineer for the bridge across the Mississippi from Davenport to Rock Island.

Educated in public schools, he later attended the University of Arkansas. During the World War he saw active service in Mexico as a member of the radio department of the U. S. Secret Service. He aided that service in the development and use of radio, and he also designed a wireless receiver during this time which discovered a high powered transmitter and led to the exposure of spies.

He came to Davenport and enrolled as a student at The Palmer School of Chiropractic graduating in 1922. After his graduation he practiced for a few months in Kansas City, Mo. He became interested in the design and manufacture of a Chiropractic table, and subsequently invented the Neurocalometer. He was actively associated with Dr. B. J. Palmer and other executives of The P.S.C. at the time of his death.

Dr. Evins possessed a keen, creative mind and his many inventions cover scientific and musical instruments, foremost of which are the Neurocalometer, and an X-ray tube now in the process of development in New York. Other phases of his creative genius include the first paper lace doily and a new type of musical instrument which will be known as the Uke-monica. He was an accomplished engraver and artist.

The Neurocalometer is a highly sensitive instrument. It locates nerve pressure and therefore locates the cause of illness. Chiropractic adjustments relieve nerve pressure and so restore health.

At the time of his death he was an active member of the Masonic Order, Alamo Lodge, No. 44, San Antonio, Texas; Zarapath Consistory and Kaaba Shrine Temple, Lions Club, Country Club, and Issak Walton League, all of Davenport, Iowa.

Immediate survivors are his widow; a daughter, Billy Jane, age six, at Davenport, Iowa; his parents, Mr. and Mrs. James F. Evins, two brothers and a sister, all of Joplin, Mo.

Chiropractic has lost a great champion. (Chiropractor).

* * *

We bow our heads in reverence to the great service he has rendered to suffering humanity by his genius and toil in developing Neurocalometer.

He has shown us how Service is rendered unselfishly. He gave the proof that Chiropractic is scientifically correct, but in his eagerness to help us to realize the greatness of our science he forgot himself and his health. His Spirit was stronger than his body and he left us mourning his memory much too soon. However we will cherish his memory forever. JP.O.

Великий Злочин

Чоловік може половинити великий злочин не лише тоді, як зробить щось, чого не повинен робити, але і тоді, як повинен виконати свої обовязки, а він їх занедбує.

Наколи-б ви бачили, що горить хата сусіда, то вашим обовязком є пійти і йому сказати, щоби він її ратував.

Наколи-б ви бачили, що вашого сусіда обкрадають злодії, вашим обовязком є пійти і сусіда перестерегти.

Також, коли ми знаємо, що на світі є тисячі хорих людей, що потребують помочі, і ми знаємо, що хіропрактика може привести їх до доброго здоровля, то нашим обовязком є пійти і сказати їм про сей спосіб лічення без операції і медицини. Бо недуга дуже часто підкрадається так, як злодій і захоплює людей якраз в той час коли вони сего найменше сподіються.

Се якраз є причина, чому ми час від часу подаємо оголошення в часописях. Ми хочемо подати іскру надії тим безнадійним, які вже пробували всі способи, щоби виздоровіти, а ще до тепер не здорові.

Новим способом лічення, хіропрактикою, вилічуються міліони людей річно. Сю услугу ми пробуємо подати і вам. Уживаємо **Неврокалометер.** Се є інструмент, який показує, де є причина недуги. Уживаємо X-рей до освітлювання внутрішних частин тіла, щоби лекше можна їх привести до здоровля.

Одним словом, уживаємо усі найновійші прилади, які до сего часу знайдено наукою, а іменно:

1) Неврокалометер, 2) X-рей,
3) Хіропрактика.

Перечитайте собі се оголошення і як ви до сего часу маєте велике щастя, що чуєтеся здорові, передайте адресу вашому знакомому, свояки або сусідови, який може якраз потребує помочи. Се є вашим обовязком. Не дайте злодієви-недузі обрабувати вас, або вашого знакомого із доброго здоровля. Дайте йому знати, повідоміть його, а він буде вам вдячний за се.

БЕЗПЛАТНА КЛІНІКА ДЛЯ БЕЗРОБІТНИХ

З огляду на тяжкі часи і безробіття, ми отворили безплатну клініку для безробітних, які не мають можливости заробити на своє лічення. Ся клініка вже істнує другий рік і протягом сего часу сотки людей перейшло через сю клініку, які є нині цілком здорові.

Здоровля, як всяка інша цінна річ, потребує постоянного плекання і догляду. **Ми ніколи не повинні забувати, що недуга так як злодій підкрадається і захоплює нас тоді якраз, коли ми її найменше сподіємося.**

Тепер настала зима, з морозами, снігом та докучливими вітрами. Це є час, в якім люде найбільше і найскорше занепадають на здоровлю. Маленька перестуда, маленьке на позір недомагання, може з часом спричинити поважну хоробу. — **В початках майже кожну недугу можна вилічити.** Але як недуга занадто ослабить людину, то тоді є дуже часто вже запізно.

Хіропрактика вилічує майже всі недуги без операції і медицини. Наколи Ви вже стратили надію на виздоровлення, хіропрактика лишається для Вас послідною надією.

Наколи Ви є хорі і знаходитеся в тяжких обставинах з причини безробіття, можете сміло зайти до нас в вівторок і пятницю від 3 до 4 години пополудні, тоді ми зможемо подати Вам пораду, як можна відзискати стрячене здоровля назад безплатно.

DR. J. P. OSHANEK, CHIROPRACTOR
X-RAY and NEUROCALOMETER SERVICE. 590 SELKIRK AVE. WINNIPEG, MAN. PHONE 55 144.

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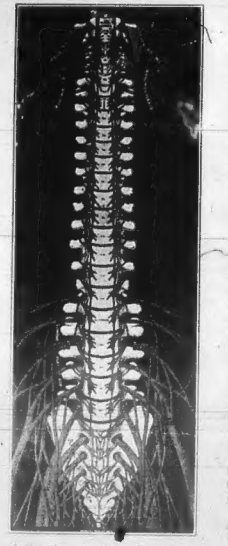
Chiropractic is, a Philosophy, Science, and Art of things Natural; a system of adjusting the articulations of the spinal column, by hand only, for the correction of the cause of disease.

The adult spinal column consists of the superior 24 freely movable bone segments, called vertebrae, together with the sacrum and coccyx All the great nerve trunks emit thru the openings between these vertebrae, which openings are known as the intervertebral foramina. The vital nerve force within man is carried by these nerve trunks from the brain to the various organs, muscles, and tissues of the body.



For every effect you must have a cause; that is a fundamental law of physics. If a person is ill, then the condition of disease, regardless of the name applied to it, is in fact an effect for which there must be a cause.

The Chiropractic premise is that the cause of disease is due to the subluxation of vertebrae, which produces pressure upon the nerve trunks and thus interferes with the normal transmission of vital nerve force. The illustration show how this interference is created.

The Chiropractic adjustment restores the points in the spine where nerve pressure exists, due to subluxated vertebrae, and then proper adjustment by hand, to relocate such subluxated vertebrae to their normal positions thus releasing the pressure on the nerves involved and thereby removing the cause of disease in the body. Renewed health is the natural result (Chiro.)

What Some People Write

Below we print a few of the testimonials, that speak for themselves:—

I suffered for several years from indigestion, pain in the stomach and nervousness. I went from one medical doctor to another, seeking relief, but found no relief. One of my friends recommended me Dr. James Love, Chiropractor, in Sommerset Building. I took some adjustments and I began to improve in my health. After a while I discovered another chiropractor in my own neighborhood Dr. J. P. Oshanek, 590 Selkirk Ave, Winnipeg who with the aid of X-Ray Spinograph and Neurocalometer completed the work Dr. Love started and brought me back to good health.

Today I feel fine and recommend to all, who are in ill health to try Chiropractic. I am willing to answer questions as to my complete recovery.

Adolf Norris
572 Selkirk Ave, Winnipeg, Man.

YOU SHOULD KNOW

That never in the history of Chiropractic was it possible to produce such wonderful results against ravages of dis-ease and ill-health, as it is possible now since the advent of the new instrument called Neurocalometer.

Neurocalometer has taken out all matters of doubt out of science of Chiropractic and placed it on the plane that can be proven scientifically beyond the shadow of doubt to anyone who has eyes to see and reasoning powers to come to logical conclusions by the proper use of the above mentioned instrument.

Whether experience you have had with Chiropractic in the past, try it now at its best and see for yourself how much it has advanced.

Fully equipped Chiropractic Office should have:

I. An X-Ray Machine for Spinography,

II. Neurocalometer to determine the cause of disease,

III. Up to date Method of Adjusting called "A Hole in One"

Anything more or other than this may be something close but it is not CHIROPRACTIC.

Free Clinic for unemployed from 2 to 4 P.M. Tuesday and Friday

Dr. J. P. OSHANEK, Chiropractor

If we please you tell others, If not come and tell us; then we will see to it that you are satisfied.

Dr. J. P. OSHANEK
CHIROPRACTOR
590 SELKIRK AVENUE WINNIPEG, MAN.
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Рік II. Ч. 3. Вінніпег, Ман., Лютий 1933.

Winnipeg, Man., Feb. 1933. Vol. II. No. 3.

Responsible Health Service

THE paramount question among all classes is health. How to get health—how to keep healthy. Magazines and newspapers are crowded with health hints. The nation has awakened to the fact that to maintain supremacy above other nations, health is a necessary possession.

The purpose of Chiropractic is to restore health to the sick and suffering. The mind of man is complex and its many intricacies defy explanation, but we do know that the brain is the great power center of the body, and that it sends fort vital nerve energy essential to man,s physical well-being. This energy must reach the organs, muscles and tissues to enable them to perform their proper function. We know that the nerve trunks emit through openings between the segments of the spine, and years of practical observation and clinical experience confirm the fact that these bone segments, called vertebrae, become subluxated, which means, that they become displaced in more or less degree. When this happens, the openings between vertebrae, through which the nerve trunks pass, are changed and this creates pressure upon nerves, and interference to the normal expression of vital nerve energy in the body is produced.

People do not find anything strange or unusual in the procedure of pushing a button in the wall and getting light from the electric globe suspended from the ceiling, because contact is made which forms a connection between the source of the current and the globe itself. This procedure is practically the same as that which the chiropractor follows in adjusting the vertebral subluxation that is creating pressure on spinal nerves. They may be compared to a complex system wherein the brain is the source of the vital nerve energy responsible for all function in the body. This vital nerve energy sent from the brain through the nerves may be compared to the electricity in a lighting system. It makes no difference whether it be the heart, stomach, kidneys or some other organ. The normal function of all organs, muscles and tissues of the body depends upon the supply of vital nerve energy conveyed to them over the nervous system from the brain, which generates this nerve energy

Chiropractic offers to the sick a safe and responsible road to health. Thousands of men and women who had given up hope of being restored to health have been made well by this comparatively new health system.

(The Chiropractor)